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[The effectiveness of body-oriented methods of therapy in the treatment of attention-deficit hyperactivity disorder (ADHD): results of a controlled pilot study].

[Article in German]

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Abstract

OBJECTIVES: Randomized controlled studies on the effectiveness of body-oriented methods of treatment for children with **attention-deficit hyperactivity disorder (ADHD)** are lacking. Our aim was to compare the effectiveness of two methods of treatment (yoga for children vs. conventional motor exercises) in a randomized controlled pilot study.

METHODS: Nineteen children with a clinical diagnosis of **ADHD** (according to ICD-10 criteria) were included and randomly assigned to treatment conditions according to a 2x2 cross-over design. Effects of treatment were analyzed by means of an analysis of variance for repeated measurements.

RESULTS: For all outcome measures (test scores on an **attention** task, and parent ratings of **ADHD** symptoms) the yoga training was superior to the conventional motor training, with effect sizes in the medium-to-high range (0.60-0.97). All children showed sizable reductions in symptoms over time, and at the end of the study, the group means for the **ADHD** scales did not differ significantly from those for a representative control group. Furthermore, the training was particularly effective for children undergoing pharmacotherapy (MPH).

CONCLUSIONS: The findings from this pilot study demonstrate that yoga can be an effective complementary or concomitant treatment for **attention-deficit hyperactivity disorder**. The study advocates further research into the impact of yoga or body-oriented therapies on the prevention and treatment of **ADHD**.

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